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MAN GETS 4 MONTHS IN JAIL FOR SEXUALLY ASSAULTING HIS WIFE
JUDGE SAYS HUSBAND SHOULD HAVE SOUGHT CLARIFICATION ON WHETHER IT REALLY WAS 'ROLE PLAY' {page 3}

IN TOUCH
KIEFER TACKLES CEREBRAL ROLE IN NEW SERIES {page 15}



TORONTO

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Tuesday, January 24, 2012
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News worth sharing.

HANDOUT/TORSTAR NEWS SERVICE

Beauty contest takes ugly turn

► Winners for '09 and '10 say they have not received their \$25,000 prize ► Pageant website accuses past winners of slander, defamation

It was billed as the "Diamond of All Beauty Pageants." Beautiful, ambitious young women lined up to enter Miss Kohinoor International, lured by a \$25,000 top prize, travel and lavish shopping sprees.

What the winners got were broken promises, bounced cheques and cancelled prize trips, some allege.

Christina-Leanna Cadieux, 26, promoted her Canadian pageant as an opportunity for South Asian women between the ages of 16 and 30 to showcase their beauty and talents.

Contestants were told they had to be "of good moral character, and possess a pleasing personality," the rules state. Each was required to pay up to \$550 in entry fees and raise at least \$1,000, which would be "divided and handed to (the) Breast Cancer Society of Canada," according to one pageant guide.

A Toronto Star investigation has found that the Breast Cancer Soci-



"Anytime I would question her about the money it would be, 'What have you done to

promote Miss Kohinoor throughout the year?"

ANNU GAIDHU, CROWNED IN 2009

ety of Canada and other charities Cadieux said would benefit from Miss Kohinoor International have never worked with the pageant. Meanwhile, young women from Canada and England are owed money by Cadieux.

Cadieux, who goes by Sultana Tehzeeb Khan or Radha Rani, allegedly told contestants money

would go to The Hospital for Sick Children and the Kol Hope Foundation for children with serious disabilities.

Marsha Davidson, the executive director of the Breast Cancer Society, said they have not received any funds from or worked with the pageant. The SickKids Foundation and Kol Hope said the same thing.

The Star made numerous attempts to reach Cadieux, who declined to address the allegations made about her or the pageant.

The winners for 2009 and 2010 have not received their \$25,000 prize. They contacted the Star and said they are speaking out to make sure Cadieux doesn't hold another pageant.

"We don't want girls to do this ... to get false hopes and waste their money and have their dreams shattered," said Annu Gaidhu, 20, crowned at the Novotel Toronto Mississauga in 2009.

TORSTAR NEWS SERVICE



► Angeli Sareen, winner of the 2010 title of Miss Kohinoor International.

New comments challenge Ford's tunnel vision

The head of Metrolinx has left the door open to the possibility of building about one-third of the Eglinton light rail line above ground rather than tunneling the entire length.

Remarks by TTC chair Karen Stintz on Monday suggest even the mayor's allies disagree with his vow

to keep all transit below ground by burying Eglinton in the east from about Laird Drive to Kennedy station. Stintz told reporters the east end should run on the road, or the whole line should be a subway.

Tunneling that section adds about \$2 billion to the cost of the



► Bruce McCuaig

original Transit City plan, which called for an 11-kilometre tunnel only between Jane and Laird Drive.

Stintz's comments have left Metrolinx looking for a clear statement from the city on what kind of transit Toronto wants, said CEO Bruce McCuaig. Metrolinx will

work with the city on whatever project it decides, but the intent must be clear, he warned.

"We need Toronto to come to a consensus on their vision. If it keeps on changing it's going to be challenging for us to build transit in the city," he said. TORSTAR NEWS SERVICE

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'No' did mean 'no,' judge rules

A young academic has been sentenced to four months in jail for sexually assaulting his wife during rough sex despite his claim that, in their dominant-submissive sexual role playing, "no" frequently meant "yes."

The 33-year-old man, who cannot be identified to protect the anonymity of his now ex-wife, made the fatal error of being "wilfully blind or not seeking clarification" as to whether she was playing a role or she truly did not want intercourse, Ontario Superior Court Justice Michael Quigley said Monday.

"The onus was on him to ascertain whether 'no' did, in fact, mean 'no,'" Quigley said.

A York University student at the time of the sexual assault four years ago, the man admitted during trial in March his wife said "no" when he grabbed her and forced himself up on her in their bedroom.

TORSTAR NEWS SERVICE

Testimony

- ▶ The wife testified that although there was some harmless, dominant-submissive role playing in their eight-year marriage — initiated by him — she adamantly denied she ever agreed to violent or aggressive sex.
- ▶ She said the intercourse they had on Feb. 8, 2008, was a brutal and non-consensual rape, during which he ignored her sobbing and cries of "no."

Ten. Down



▶ Coun. Doug Ford, left, and his brother Mayor Rob Ford show how many pounds they lost for their first week of a weight loss program. Jogging, lifting weights, and "eating like a rabbit," Mayor Ford lost 10 pounds in the first week of his public diet.

ROBYN DOOLITTLE/TORSTAR NEWS SERVICE

Ford brothers' diet off to a strong start

City mulls use of TTC funds

▶ Extra money city council gave TTC last week will probably be used to preserve Wheel-Trans service for dialysis patients, rather than bus routes

Against the wishes of Mayor Rob Ford, council approved a motion increasing the TTC budget by \$5 million "to prevent service reductions."

Many councillors wanted the money used to prevent February cuts to bus service. But the TTC's chair, Coun. Karen Stintz, said the money, taken out of the \$150 million year-end surplus, should instead be devoted to the

city's \$700 million bill for buying new streetcars, since, in her view, bus cuts would merely be delayed if this year's operations were funded using a one-time windfall.

City solicitor Anna Kinastowski, asked by Coun. Gloria Lindsay Luby for a legal opinion, wrote, "The TTC must use the monies to prevent service reductions as per council's direction."

TTC spokesperson Brad Ross said the transit commission and city lawyers agree that under the motion, the money could go either to the main TTC operating budget or to the Wheel-Trans operating budget. Stintz said she is willing to avoid a further fight by using it to keep mobile dialysis patients eligible for Wheel-Trans.

Lindsay Luby, however, rejected Stintz's purported

compromise as "too cute" and "disappointing." The bus cuts, she said, will affect "thousands, thousands" of people.

The TTC originally proposed to eliminate Wheel-Trans service this month for about 800 dialysis patients who are mobile. The TTC later gave them a six-month reprieve as it continued to search for long-term funding.

TORSTAR NEWS SERVICE

1

news



Brothers are reunited in Japan after six decades apart. Scan the code for the story.

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On the web at
metronews.ca

Things have been looking up for North American markets thus far in 2012. Allan Small explains why at metronews.ca/investing

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Politicians help kick off Year of the Dragon

► Ontario Tory leader Tim Hudak joined by other local politicians for the Chinese New Year opening ceremony

PHOEBE HO
TORONTO@METRONEWS.CA

The wet weather on Monday didn't dampen the festive spirit in Chinatown, as local politicians and more than 100 people gathered to kick off the Year of the Dragon, which promises a year of luck and prosperity.

The new year was off to a hopeful start for business owners at the Chinatown Centre Monday as throngs of people piled into the mall to celebrate.

"In the last 10 years, I never saw such a big crowd in the mall," said Chinatown Centre business owner Calvin Cai. "The economy is going down and tourists are not coming, hopefully this kind of show will bring out the city, focus on Chinatown

and come back."

Apart from the traditional dragon and lion dance, politicians like Progressive Conservative Leader Tim Hudak, Tory M.P. John Carmichael, Trinity-Spadina councillor Adam Vaughan and many others gathered at the Chinese New Year opening ceremony organized by the Toronto Chinatown BIA to greet the community and usher in the new year with speeches and the traditional eye-dotting ceremony.

"It's just a great energy," said Hudak. "There's no doubt there are going to be some challenges in Toronto when it comes to jobs, getting our budgets back in order at both the city and provincial level, but I believe in the future of this province. The energy here says that despite tough times, better days

Chinatown party

► The event marks the beginning of 15-days of celebration.

► Toronto Chinatown BIA project co-ordinator Ting Hsieh says performances and other festivities will continue throughout the week in Chinatown.

are yet to come and hopefully the Year of the Dragon will help with that."

Carmichael was also pleased with the outcome of the event.

"What a big turnout," he said. "I was looking around all the way up, there were people lining the hallway up the galleria here and I think it tells you the story that Chinese-Canadians are a very important part of Canada."



► Tim Hudak and other local politicians took part in the eye-dotting ceremony on Monday to "awaken" the sleeping lions at the Chinatown Centre on Spadina Avenue.



► Mark Ng, manager of Dragon Dynasty Chinese Cuisine.

Feasting on the Chinese New Year

Families in all cultures gather on major holidays to feast — and Chinese New Year is no exception.

"Food has always been big on Chinese people's list of priorities," said Kelvin Chen, Manchu Wok CEO and president. "But to me, food is also an excuse for people to

spend time together, talk to each other and see each other."

The typical Chinese New Year menu would generally include fish served whole, which signifies abundance, chicken or egg rolls shaped into gold bullion, symbolizing prosperity, and a list of

other foods believed to bring in luck.

Aside from food, there are many ongoing events throughout the 15-day celebration. The dragon and lion dance, which Chen says is seen as a kind of blessing for the rest of the year, house-cleaning, fire-crackers and handing out

lucky money stuffed in red envelopes are also part of the agenda.

Age-old traditions — which may not be followed as closely as they used to, include a list of do's and don'ts (see Metro story Friday, Jan 20, page 13).

"On the sixth or sev-

enth day, you should try to stay home because if you go out you might end up quarrelling with somebody," said Chen.

"You could find those things in the old Chinese Almanac, but unfortunately, I think a lot of those are getting lost."

● PHOEBE HO



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Clara Hughes
Olympic champion





► University of Toronto's Robert Reisz speaks about the Massospondylus nest discoveries.

Dinos more caring than we thought

► Toronto researchers have evidence some dinosaurs practised complex nesting patterns ► Others took tender care of their hatchlings

Despite the hardnosed, every-reptile-for-himself Darwinism of the prehistoric world, dinosaurs, it turns out, knew how to show a little tenderness.

In a groundbreaking

study, published Monday in the Proceedings of the National Academy of Sciences, University of Toronto and Royal Ontario Museum researchers suggest that dinosaurs may, in fact, have

exhibited caring and compassion when it came to raising their young.

"We always think of birds and mammals as being great mothers," University of Toronto

paleontologist and study co-author Robert Reisz said.

"But it shows up very early in dinosaur history, much earlier than we ever thought."

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Egg White, Spinach & Feta Wrap

Who's the most vulgar of them all?

ANGELA MULLINS
IN LONDON, ONT.

What the %\$#*?

Toronto has earned the dubious title of being among the most vulgar cities on Twitter.

The city ranked fourth in a tbk Creative analysis of tweets that include the city name and three key swear words.

Two other Ontario cities — Brampton and Hamilton — took first and second respectively. London was third.

Andrew Schiestel, a senior partner at tbk, isn't drawing any conclusions

about what that says about residents in each city as a whole.

The analysis was more of a lark than a serious attempt at figuring out which of Canada's most-populated cities is deserving of a finger washing.

"We love social media (and) we love understanding more about people and how they behave on these social-networking websites," Schiestel said. "So, we thought: 'Why don't we do something fun?'"

The only Ontario city in the bottom five was Mississauga at 14th.

News in brief

Transit talks move forward

CONTRACT. Talks continue in the York Region Transit strike, with the region giving two remaining private contractors until Wednesday to provide plans for restoring service.

A contract with a third company has

already been cancelled.

Talks were between the Amalgamated Transit Union Local 1587 and Miller Transit in Markham.

Talks have also resumed with ATU Local 113, which represents drivers with Veolia Transportation.

The bus drivers and mechanics have been off the job since Oct. 24.

A report will go before council Thursday to propose a new contractor and the phasing in of a return to service.

680NEWS

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Canadian victim of beating in coma: Uncle

► Calgary resident facing surgery after attack in Mexico

The uncle of a Canadian woman who was severely beaten in Mexico over the weekend says his niece is in a medically-induced coma and doctors are going to have to perform extensive surgery on her in the coming days.

Robert Prosser of Kingston, N.S., said bones in Sheila Nabb's face were

broken from a beating Saturday at her hotel on Mexico's west coast. The 37-year-old Calgary resident was on vacation with her husband.

"They will have to wire her jaw shut and put plates in where her cheekbones should be," Prosser said.

Nabb was on vacation in Mazatlan with her husband, Andrew Nabb, who is still in Mexico with her, Prosser said. He said he was told Nabb was found in a pool of blood in a hotel elevator by staff. He said police are investigating.

The incident is the latest report of violence involving Canadians visiting Mexico in recent weeks.

THE CANADIAN PRESS

Ottawa. Meeting



► Jody Wilson-Raybould, right, the B.C. regional chief for the Assembly of First Nations, arrives in Ottawa on Monday.

SEAN KILPATRICK/THE CANADIAN PRESS

Aboriginal issues aired

Chiefs from across Canada are in Ottawa for the next two days to meet with the prime minister and take part in a Crown First Nations gathering.

Clement lied about G8: NDP

The New Democrats are calling on Tony Clement to turn himself in to the police after disclosing documents that they say show that he lied and covered up his role in dispensing a \$50-million G8 "slush fund" in 2010.

The Treasury Board president responded via Twitter: "As usual NDP confusing recommending with choosing," Clement wrote.

THE CANADIAN PRESS

Adam Beach stars in the
new hit series critics call:
"Seat-of-the-pants
romantic adventure."

— Postmedia News

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EU bans Iran oil over nuclear fears

► Iran's foreign ministry condemns the sanctions as "illogical and unfair" ► Vows to close Strait of Hormuz

The European Union and Iran raised the stakes Monday in their test of wills over the Islamic republic's nuclear program, with the bloc banning the purchase of Iranian oil and Iran threatening to retaliate by closing the Strait of Hormuz, through which one-fifth of the world's crude is transported.

The escalating confrontation is fraught with risks — of rising energy prices, global financial instability and possible military action to keep the strait open.

The EU's 27 foreign ministers, meeting Monday in Brussels, imposed an oil embargo against Iran and froze the assets of

War of wills

► Some 80 per cent of Iran's foreign revenue comes from oil exports and sanctions would hit its economy hard. With about 4 million barrels a day, Iran is the second largest producer in OPEC.

► "It means that we will paralyze, bit by bit, Iran's economic activity and keep the country from using a

major part of its resources," French Foreign Minister Alain Juppe said. "You can be skeptical, but it is better than making war."

► At the heart of the dispute is international unease about Iran's nuclear program. Iran says its nuclear program is peaceful, but the United States and other nations suspect it is trying to build nuclear weapons.

its central bank, ramping up sanctions designed to pressure Iranian officials into resuming talks on the country's nuclear program.

EU officials say the

tighter sanctions are part of a carrot-and-stick approach, an effort to heighten pressure while at the same time emphasizing their willingness to talk.

THE ASSOCIATED PRESS

Smile. If you're tacky



► Tourists take photos on Monday using the grounded cruise ship Costa Concordia in Giglio, Italy, as a background.

PIER PAOLO CITTO/THE ASSOCIATED PRESS

Wish you were here?

Italian officials were clearing hurdles on Monday to begin pumping nearly 3 million litres of fuel from the ship, as divers continued to search for 19 people known to be missing. Fifteen people have been confirmed dead in the disaster.

China seeks 'win-win' energy pact with Canada: Envoy

China wants an energy partnership with Canada that would not only set an example for the world, but would also satisfy its demand for resources, China's ambassador to Canada, Zhang Junsai, said Monday, as Prime Minister Stephen Harper prepares for his return trip to the Asian economic giant in two weeks. Harper has made it clear he views China as an important new market for Alberta's oil sands crude

THE CANADIAN PRESS

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The U.S. recently turned down the \$7-billion Keystone XL pipeline project. As a result, Canada is seeking markets in Asia.



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Travel Jan 29 - Feb 2/wg + taxes & fees \$330

Jamaica + taxes & fees \$49

Travel Feb 1 - Feb 9/ts + taxes & fees \$359

London + taxes & fees \$49

Travel Jan 29 - Feb 6/ts + taxes & fees \$522

Cayo Coco + taxes & fees \$75

Travel Jan 31 - Feb 7/wg + taxes & fees \$290

Panama + taxes & fees \$99

Travel Feb 6 - Feb 13/ts + taxes & fees \$312

Mont Tremblant one-way \$119

Travel Jan 29/pd + taxes & fees \$78

Calgary one-way \$209

Travel Feb 7/ac + taxes & fees \$89

Los Angeles + taxes & fees \$359

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Varadero 7 Nights 4-Star + taxes & fees \$478

Allegro Varadero + taxes & fees \$276
Departs Feb 13/nol/ts.

Punta Cana 7 Nights 4-Star + taxes & fees \$497

Grand Paradise Playa Dorada + taxes & fees \$388
Departs Feb 2/nol/ts.

Los Cabos 7 Nights 4-Star + taxes & fees \$545

Holiday Inn Resort Los Cabos + taxes & fees \$357
Departs Jan 27/swg/wg.

Costa Rica 7 Nights 3.5-Star + taxes & fees \$689

Sal Papagayo + taxes & fees \$262
Departs Feb 13/sq/vjz.

St Lucia 7 Nights 4-Star + taxes & fees \$1298

Smugglers Cove Resort and Spa + taxes & fees \$341
Departs Feb 12/vat/ts.

Cruises

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Lucas (overnight) and Puerto Vallarta. Sails Sep 23/ccl.
UPGRADE to oceanview stateroom for \$17 per night.

Eastern Caribbean USD \$499

7-Night Cruise + taxes & fees USD \$80
Carnival Dream + taxes & fees USD \$79
CRUISE roundtrip Port Canaveral and visit Nassau,
St Thomas and St Maarten. Sails Feb 25/ccl.
UPGRADE to oceanview stateroom for \$30 per night.

Southern Caribbean USD \$509

7-Night Cruise + taxes & fees USD \$79
Carnival Victory + taxes & fees USD \$79
CRUISE roundtrip San Juan and visit St Thomas,
Barbados, St Lucia, St Kitts and St Maarten. Sails
Mar 11/ccl. **UPGRADE** to oceanview stateroom for
\$17 per night.

South Pacific 8-Night Cruise USD \$779

Radiance of the Seas + taxes & fees USD \$75
CRUISE roundtrip Sydney and visit Noumea, Lifou
Isle and Isles of Pines. Sails Dec 12/rci.

USA

Las Vegas Air + 4 Nights

\$195

Imperial Palace + taxes & fees \$309
INCLUDES accom on the Strip. Departs Jan 29/swg/wg.
UPGRADE to 4.5-star Monte Carlo for \$15 per night.
ADD Champagne Rock Star Tour for \$49.

Chicago Air + 3 Nights + taxes & fees \$394

Chicago's Essex Inn + taxes & fees \$115
INCLUDES central accom overlooking Lake
Michigan. Departs Feb 12/ggv/dl. **UPGRADE** to
4-star Hyatt Regency for \$54 per night.

New York City Air + 3 Nights + taxes & fees \$519

Manhattan at Times Square + taxes & fees \$113
INCLUDES accom in Times Square. Departs Jan 29/
ggv/aa. **UPGRADE** to 4-star Sheraton New York for
\$40 per night. **ADD** Empire State Building for \$21.

Miami Air + 3 Nights + taxes & fees \$599

Marco Polo Beach Resort + taxes & fees \$134
INCLUDES resort-style accom along Miami Beach.
Departs Feb 6/ggv/aa. **UPGRADE** to 4-star Sonesta
Bayfront for \$25 per night. **ADD** Key West day trip
for \$111.

Honolulu Air + 7 Nights + taxes & fees \$1098

Ohana Waikiki Mula + taxes & fees \$138
INCLUDES central accom near Waikiki Beach.
Departs Feb 6/ggv/dl. **ADD** sunset
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 - Westgate SmartCentres
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 - 170 Rimrock Rd.
 - 2081 Steeles Ave. W.
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Solar storm hitting Earth

► Will strike planet at three different times ► Biggest issue is radiation

The sun is bombarding Earth with radiation from the biggest solar storm in more than six years, with more to come from the fast-moving eruption.

The radiation is mostly a concern for satellite disrup-

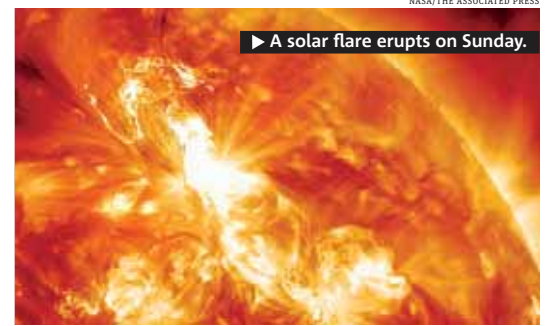
tions and astronauts in space. It can cause communication problems for polar-travelling airplanes, said National Oceanic and Atmospheric Administration space weather physicist Doug Biesecker.

Radiation from Sunday's flare arrived at Earth an hour later and will likely continue through Wednesday. Levels are considered strong. There are two higher levels of radiation on the storm scale — severe and

extreme — Biesecker said. Still, this storm is the strongest since May 2005.

The radiation — in the form of protons — came flying out of the sun at 150 million km/h.

THE ASSOCIATED PRESS



NASA/THE ASSOCIATED PRESS

► A solar flare erupts on Sunday.

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Soldier faces court martial for hazing

An investigative hearing has recommended that an American soldier be court-martialed over hazing that allegedly led to a fellow infantryman's suicide in Afghanistan, but dismissed the most serious charge against him, the U.S. military said Monday.

Spc. Ryan Offutt is charged in the death of 19-year-old Pvt. Danny Chen, who shot himself on Oct. 3 after what investigators say were weeks of physical abuse, humiliation and

8 Spc. Ryan Offutt is one of eight U.S. soldiers charged in the death.

racial slurs.

Chen had been in Afghanistan only two months when he shot himself in a guardhouse at a remote outpost in Afghanistan's Kandahar province.

Seven other members of Chen's unit are scheduled to face similar hearings.

THE ASSOCIATED PRESS

'Shrooms may help depression

Magic mushrooms really do blow your mind, a British study has found.

The hallucinogenic psilocybin, declared illegal by the UN in 1971, consistently slowed down blood flow in the brain and activity in the medial pre-



CHIARI TSUKUMO/THE ASSOCIATED PRESS

► Magic mushrooms are shown in Tokyo.

frontal cortex during tests, the study said.

The implications for people suffering from depression are profound, according to the study's author.

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News in brief

► Adetiloye



Canadian jailed for historic U.S. bank robberies

THEFT. A Canadian man accused of masterminding one of the largest high-tech bank robberies in U.S. history was sentenced to nearly 18 years in prison Monday following a years-long investigation into fake debt collection agencies that stole the identities of about 38,000 people. Authorities believe Adekunle Adetiloye, 40, organized a scheme to open nearly 600 fraudulent bank accounts and bilk 22 major banks, potentially costing those banks and credit card firms up to \$5 million US.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 124.61 (12,521.70)	+ 0.57¢ (99.27¢ US)	+ \$1.25 US (\$99.58 US)	\$2.525 US (+ 18.2¢ US)
			Gold
			\$1,678.30 US (+ \$14.30 US)

PRICES AS OF 5 P.M. MONDAY

RIM's new CEO in hot seat

► Analysts wonder whether Heins will lead company or prepare to sell ► RIM's course set by former CEOs

After being appointed to lead the troubled BlackBerry-maker Research in Motion, newly minted CEO Thorsten Heins is already under fire.

Takeover talk began circulating Monday as investors and analysts pondered whether the little-known Heins had been appointed to lead a RIM turnaround or prepare it for sale.

Heins made it clear he wants RIM to do a better job rolling out new products on time and improving communications with customers. He also indicated he will be steering a course set largely by founders and former CEOs Mike Lazaridis and James Balsillie, who resigned on Saturday.

"If Thorsten really believes that there are no changes to be made, he will be gone within 15 to 18



► Thorsten Heins has been named president and CEO of RIM.

months. He will be a transitional CEO and this will be a transitional board," said Jaguar CEO Vic Alboini, who leads an informal group of 16 RIM shareholders holding just under 10 per cent of the shares. Alboini criticized keeping Bal-

sillie and Lazaridis on RIM's board and called for several board members to step down before the company's mid-year annual meeting.

RIM has seen its fortunes plunge as it lost market share to competitors. RIM's problems were made worse

Heins' history

- Heins, born in 1957, is not a well-known quantity. He joined RIM in December 2007 as a senior vice-president for hardware engineering and became chief operating officer for product and sales in August.
- The 54-year-old native of Munich, Germany, joined the German engineering group Siemens AG straight out of university in 1984, the year RIM was founded in Waterloo. He holds a master's degree in science and physics.
- Prior to joining RIM in 2007, Thorsten was chief technology officer of Siemens' communications division.

by disappointing sales of its PlayBook tablet and a global four-day BlackBerry service outage last year.

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THE AT-HOME WORKOUT FROM HELL

SHE SAYS ...

JESSICA NAPIER
METRO



Have you ever seen those people running outside in the depths of winter? You know, the ones huffing and puffing along icy sidewalks while wearing full-face masks and chains on their sneakers. I refuse to be one of those people and as such, I've had to bring my workout routine indoors.

Since I also refuse to sign up for a gym membership — I've probably signed up and dropped out of every fitness facility within a 30-kilometre radius of my apartment — I decided that this winter I would embrace the at-home workout DVD.

Have you ever done an exercise video in your living room? No matter how reputable your workout of choice is, you will always feel like a complete moron.

These fitness DVDs take place in an entirely different kind of reality. Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiselled out of

spray-tanned marble. They have terrifying titles like **INSANITY!** and promise to **RIP AND SHRED YOUR BODY**, as if those are actually desirable outcomes.

Despite my initial reservations, I decided to give it a shot.

I don't own a television but I do own a \$1,500 MacBook Pro (priorities, people). I agonize over finding the best location to set up my laptop — desk, chair, ottoman? It doesn't really matter because I still end up spending the next 50 minutes tilting the screen back and forth as I hop around my living room.

Despite his retro appeal, there is no place for Richard Simmons in today's modern home video exercise world. My 2012-ready instructor is a hard-bodied blond dressed in a pink camo-print sports bra. She flaunts her Britney Spears' circa 2001 abs as she leads me through a sequence of torturous exercises.

Forgetting that I am in a basement, I almost break a finger as I whack my hand on the low ceiling while performing a series of "power jacks," a maniacal cousin to the traditional jumping jack.

When the instructor's unremitting perkiness becomes too much, I drown her out with my own inner monologue. Am I engaging my core right now? What does that even feel like? Is that my phone? Will my apartment smell like sweat after this?

Finally, the instructor utters the two most beautiful words in the English language: "cool down." As I stretch out on my yoga mat, I find myself wondering where I could pick up some of those chains for my running shoes.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Should the porn industry be forced to use condoms?

75%

YES, IT'S A
WORKPLACE
SAFETY ISSUE



0%

SOMEWHAT,
PORN
COMPANIES
SHOULD BE
FORCED TO LET
EMPLOYEES
CHOOSE

25%

NO, IT
SHOULD BE
UP TO THE
EMPLOYER

Local tweets



► **@alancross:** Whoa, whoa, whoa! SOPA comes to Canada?

► **@snapphotosam:** Brampton voted as having the most vulgar tweets beating out Hamilton for first place. Aw s-t.

► **@Ethical_Oil:** Foreigners and their paid lobbyists don't care whether we enjoy prosperity and realize our national ambitions. #ourdecision,ca #canada

► **@TrimzAtDem:** Lol #RIM

fired the ceo and president

► **@qmrnmnr:** #RIM's management shuffle has clearly not impressed investors and journalists, market value down 8.5% today.

► **@Belgraves:** The voters in Parry Sound-Muskoka are as culpable as Clement for the \$50M taxpayers' money diverted there - \$1,662 per vote in 2011 #CDNpoli

► **@montrealisimon:** Oh My Gazebo. The NDP is calling on Tony Clement to turn himself into the police. As he once said he would.

Daily Zoom



Rise of the Fake Sun

'Sun' brightens winter morning

LONDON. Dawn broke an hour early yesterday in central London after a fake 'sun' was raised to beat the Monday morning blues. Onlookers took to deck chairs to bathe in glowing light as the installation over Trafalgar Square began at 6:51 a.m. It didn't set until 7:33 p.m., giving the square three more hours of 'daylight'.

● MWN

"There are very few moments more spectacular and uplifting than watching an early-morning sunrise."

ANDREW SHOEN, FOUNDER OF ARTISTS' COLLECTIVE GREYWORLD, WHICH IS BEHIND THE 'TRAFALGAR SUN', A WORK COMMISSIONED BY FRUIT JUICE GROUP TROPICANA

Trafalgar Sun

- Is 30,000 times the size of a soccer ball. It has a surface area of 200 m², and weighs over 5,500 pounds. A crane was used to hold the orb in air.
- Worth 60,000 light bulbs. The sun's internal core produces 4 million lumens of light.
- Time to wait for sunrise. Greyworld took six months to create the installation.



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MMG Success Story of the Year

While we always love to share student success stories, on occasion one really stands out, surprising even us. This year we want to recognize **Marc Ramsey** for providing our student success story of the year. Marc hit the ground running when he started working with MMG last spring. He has completed three flips including a high-rise luxury condo and a house that has been fully rehab-ed. Even more impressive is his most recent accomplishment. Marc just purchased a 44 unit apartment complex with three separate buildings for a mere \$150,000. Once the rehab is completed, Marc will still be under \$500,000. This will give him a stabilized asset of one MILLION DOLLARS with a NOI of over \$200,000 per year. We cannot express how proud we are of Marc's accomplishment and are thrilled that MMG was able to help him realize his financial dreams.

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Martin Bohm vs.
Jack Bauer

How does Kiefer Sutherland's new character in *Touch*, Martin Bohm, compare to 24's Jack Bauer?

► **Similarities — both men have children they're trying to protect:**

Martin Bohm's 11-year-old son, Jake, has trouble connecting with people emotionally and Martin yearns to shield him from the judgmental world.

Kim, Jack Bauer's daughter, needs to be kept safe from the numerous terrorists who are looking to kidnap and harm her as a way to weaken Jack.

► **They're both widowers:**

Martin's wife met an untimely death when she was working in the World Trade Center during the September 11 terrorist attacks. Jack's wife, Teri, was killed at the hands of double agent Nina Myers.

► **It's always a race against time:** Martin isn't sure why his son turns all their clocks to 3:18, but the timing has significance that will be explored throughout the series. Jack's existence has always been a race against the clock, spending every hour of his day preventing major terrorist attacks against the U.S.

► **Differences — they live on opposite sides of the country:** Martin and his son are located in New York. Jack, although rarely in one place for a long time, resides in Los Angeles.

► **They are in different lines of work:** Although Martin currently works as a baggage handler at JFK Airport, his previous career was as an investigative reporter for the Herald. Jack worked for the Los Angeles Counter Terrorist Unit, in some capacity or another.

► **They have different fears:** Martin is deathly afraid of heights, which poses a problem as his son constantly climbs cellphone towers. Jack Bauer fears nothing.

Kiefer's new touch

- Kiefer Sutherland tackles a more cerebral role in the new series *Touch*
- But *Touch* has its own action — a boy with a gift for predicting the future



IAN JOHNSTON
SCENE@METRONews.CA

Kiefer Sutherland says he wasn't looking to come back to TV so soon after his eight-season, Emmy-winning stint on 24. But then he read the script for *Touch*.

"It wasn't really a choice," says Sutherland, who was starring in a Broadway play at the time. "It was around page 30, I remember going dammit! I just knew I'd be so remiss if I didn't do it."

The series, from Heroes creator Tim Kring, definitely stands out from the usual TV crowd. On one level, it's a drama of a father, Martin (Sutherland), who is attempting to reach his autistic, mute son Jake.

But it's also a science fiction tale — in that Jake possesses an ability to make numerical connections that seem to predict future events in the world. Interpreting what those numbers might mean soon becomes Martin's full-time job. For Sutherland himself, the show is essentially about family. "I've always felt it was a drama," Sutherland says. "You're embarking on a journey of a father

HANDOUT PHOTO



► Kiefer Sutherland returns to TV with the new series *Touch*.

trying to connect to his son. That's at the heart of the show."

But will fans of Sutherland's shoot-first-talk-later character Jack Bauer on 24 be convinced to watch the more cerebral *Touch*?

"Well, we're not blowing things up. But I think there's enough excitement

around the show. There's a great deal of suspense in not knowing what (Jake's) numbers are," he says.

Sutherland even sees parallels between his 24 character and *Touch*'s more down-to-earth Martin. "Jack Bauer was faced with unbelievable circumstances to overcome. And

by the end, you realize this guy's never going to win. On *Touch*, you realize Martin is never going to have that quintessential father/son relationship with his son, and yet he too perseveres."

Touch premieres Wednesday at 9 p.m. (ET) on Global.



► Kiefer's character Jack Bauer


Scene in brief


Get ready for The Bachelor, Canadian-style. Citytv says the popular reality series is coming north and is scheduled to launch on the network this fall. A search for Canadian bachelorettes began Monday at Citytv.com.

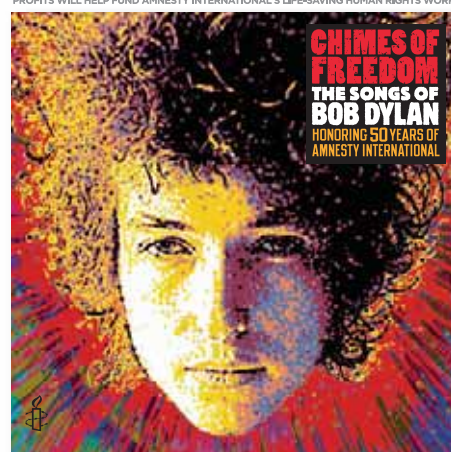
THE CANADIAN PRESS



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DVD reviews

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Drive**Genre:** Drama**Director:** Nicolas Winding Refn**Stars:** Ryan Gosling, Carey Mulligan, Bryan Cranston ●●●½

You might not notice the car he drives on the streets of Los Angeles — a bland Chevy Impala — but you won't be able to take your eyes off Ryan Gosling in *Drive*. Gosling, playing a wheelman for criminals, rocks like a young Steve McQueen or Robert De Niro.

Gosling's character, known only as Driver, has only two rules for the crooks who employ him. He'll wait five minutes and five minutes only for them to do their dirty work and hop back inside his Impala to evade the cops. And he doesn't carry a gun.

Driver has almost supernatural skills behind the wheel, and he's got



the "sang froid" to match. At least until his violent streak is activated — watch out for those boots.

But there's more to Driver. He's a romantic at heart, with his eye on his neighbour, Irene (Carey Mulligan), a single mother who needs his help. He'll do anything to assist her, and anything is really something, especially when best-laid plans turn sour.

Director Nicolas Winding Refn (Valhalla Rising) has created a film of oil, blood and bone that's not for the easily offended. He doesn't let the camera look away even in scenes of extreme violence. Refn may not have reinvented the wheel of the auto action movie, but he has certainly revved its engine.

Extras include several making-of featurettes.

● PETER HOWELL

Paranormal Activity 3**Genre:** Horror**Directors:** Henry Joost and Ariel Shulman**Stars:** Chloe Csengery, Jessica Tyler Brown and Christopher Nicholas Smith ●●½

The makers of this creepy cash cow happily resisted the impulse to call this "prequel threequel" something awkward like *Paranormal Activity: The Awakening*.

They've kept it simple with a lean running time of 81 minutes. Even better, they didn't try to overload it by making it *Paranormal Activity 3-D*.

Instead, co-directors Henry Joost and Ariel Schulman (they also teamed for *Catfish*) kick it old school by moving most of the action to 1988. There they to flesh out an evolving story about the poltergeist antics of the first two movies, which take place about 15 to 20 years later.

We finally get answers



as to why Katie (Katie Featherston) and her sister, Kristi (Sprague Grayden), seen briefly as adults in a dots-connecting prologue, first fell prey to a nocturnal demon that won't leave them or their families alone.

PA3 frequently stretches credulity — isn't it funny how 1988 VHS tape looks as sharp as 2011 digital content? But it also holds our attention, rarely flag-

ging as the narrative (written by Christopher B. Landon) unfolds with echoes of *Rosemary's Baby* and *The Blair Witch Project*.

This is the rare third film that is arguably better than its predecessors.

Call PA3 the thing that goes ka-ching in the night. Extras include the unrated version of the film and "lost tapes" additional content.

● PETER HOWELL

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Celeb health scares

► K-Fed has 'mini heart attack' ► Comedian collapses

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



The Australians must be desperate.

They've flown Kevin Federline, 33, all the way to their country to star in their weight-loss reality show, *Excess Baggage* (because, apparently, *Celebrity Fit Club* worked out so well for him).

But the Aussie show's workouts were too much for the former dancer/chronic egg fertilizer, and, according to local reports, his heart went "PopoZão" and he was rushed to a hospital with chest pains. It was so severe that, according to reports, Federline suffered a "mini



► Tracy Morgan

heart attack" (which sounds like an oxymoron if there ever was one).

Meanwhile, on the other side of the world, Tracy Morgan was also rushed to the hospital in Park City,

Utah on Monday, after he collapsed at the Creative Coalition Spotlight Awards.

A source told the Hollywood Reporter that at the function, "Morgan seemed inebriated, yelling and falling onto the ground."

I know what you are thinking and no, it was not booze. It was the altitude that felled the 30 Rock star.

Per his rep: "From a combination of exhaustion and altitude, Tracy is seeking medical attention. He is with his fiancé and grateful to the Park City Medical Center for their care. Any reports of Tracy consuming alcohol are 100 per cent false."

This is one of those rare occasions that a PR statement is true: The hospital reports that Morgan did not have alcohol or drugs in his system when he was admitted.

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Health



A new website — myhealthtips.com — features collaborative work between a Canadian doctor and Terry Jones of Monty Python, shown, that blends humour and health advice.

THE ASSOCIATED PRESS



If you can climb stairs, you can have sex, says AMA guidance for heart patients

Your eyes need health check-ups, too.

But how do you navigate the world of optometrists, opticians and ophthalmologists? Most of us aren't clear on who does what.

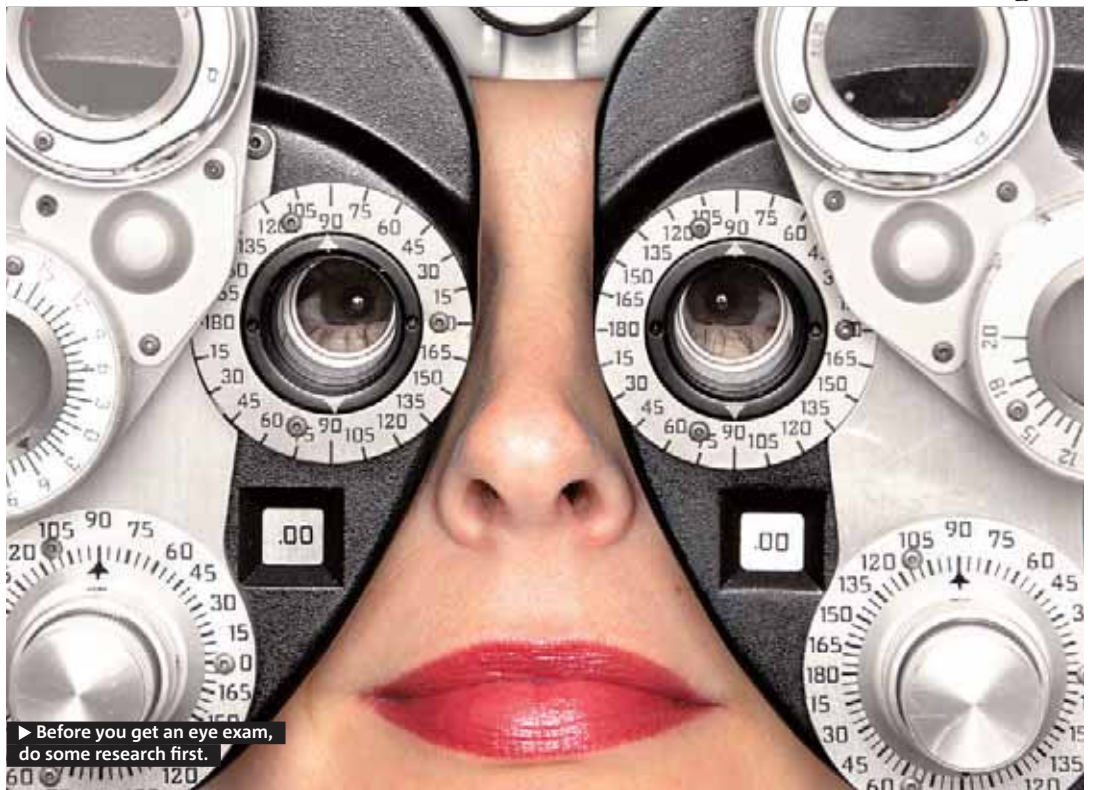
"It is a source of confusion in the public," says Dr. Riaz Ahmed, an optometrist in Calgary.

Here's how he explains it: Opticians are the people who sell you glasses and contact lenses, optometrists are your primary eye-care provider and ophthalmologists treat serious eye diseases and do eye surgery.

Ahmed recommends eye exams every two years for most adults. If you are young (under 19) or older

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist."

DR. RIAZ AHMED



► Before you get an eye exam, do some research first.

(over 65), you should get an eye exam every year. A recent study that examined patterns among more than 130,000 Canadians found that only 40 per cent saw an eye-care provider in the previous year.

Make sure you go to someone who is qualified in eye health.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist," he says. "A sight test at an optician is not a full eye exam."

Optometrists like Ahmed have been to university for a minimum of eight years. They do routine eye exams and deal with common eye problems such as infections or a foreign object in the eye. They can manage, on a

regular basis, eye problems resulting from diabetes or glaucoma.

An ophthalmologist has the most education, including a Bachelor degree, four years of medical school, plus a residency in the specialty.

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BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Check out our Swap & Drop Diet

I talked in my last column about our new diet book, Swap & Drop, which is full of ideas for small changes you can make that add up over time to lost pounds.

This week, I want to let you in on some details in the book's section on dining out.

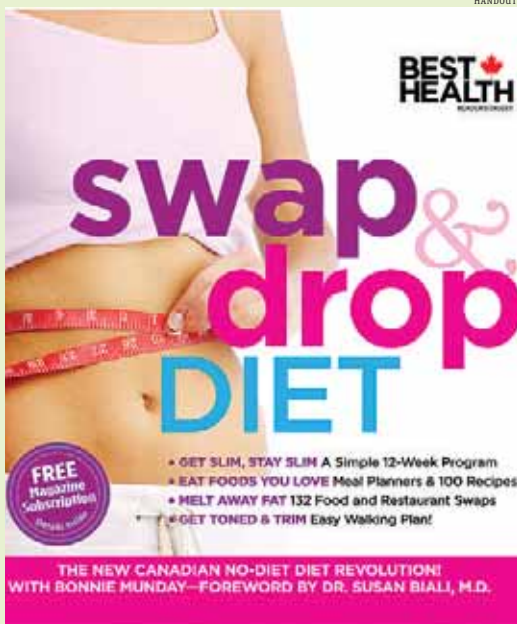
We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

These places can be danger zones if you're watching your weight, so we thought it would be super helpful to provide nutritional information about restaurant menus to help you choose what to order.

We studied the menus at 10 chains across Canada — Boston Pizza, East Side Mario's, Harvey's, The Keg, KFC, McDonald's, Starbucks, Subway, Taco Bell and Tim Horton's — and made some surprising discoveries.

For example, one of these places has a bruschetta that contains 1,145 calories and 59 grams of fat.

The swap at that restaurant?



A shrimp cocktail with just 127 calories and 1 gram of fat.

At a coffee chain, the raisin bran muffin has more than 400 calories and 13 grams of fat. The swap, if you're looking for a treat with your coffee, is the cookie with fruit and nuts; you'll cut the calories and fat almost in half.

And then there are breakfast sandwiches. At one chain, a sausage, egg and cheese on a biscuit has almost 600 calories and 37 grams of fat.

Choose a ham, egg and cheese on an English muffin and save 300 calories and 25 grams of fat. That kind of change really adds up to make the difference on your bathroom scale.

These are just a few highlights of the Swap & Drop Diet book, which is \$29.95 and available wherever books are sold, and at besthealthmag.ca/swap.

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Easy Seafood Linguine

THE CANADIAN PRESS/HO



Preparation:

1 In pot of boiling water, cook pasta until al dente. Drain and keep warm.

2 Heat olive oil in frying pan and sauté garlic 3 mins. Add chili flakes and breadcrumbs;

cook 1 min. Add clams with liquid, shrimp, oysters and white wine; cook for another 2 mins. Toss seafood mix with pasta, add parsley and season with pepper. Garnish with extra breadcrumbs. **THE CANADIAN PRESS/ CLOVER LEAF**

Ingredients:

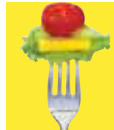
- 500 g (1 lb) linguine
- 50 ml (1/4 cup) olive oil
- 3 cloves garlic, finely chopped
- 50 ml (1/4 cup) breadcrumbs, plus extra
- 2 ml (1/2 tsp) chili flakes
- 1 can (142 g) baby yellow

- clams, undrained
- 1 can (106 g) medium shrimp, drained
- 1 can (133 g) Pacific oysters, drained
- 50 ml (1/4 cup) white wine
- 125 ml (1/2 cup) coarsely chopped parsley
- Cracked black pepper

Eats for a modern New Year

► Those seeking a chic place to celebrate Chinese New Year with dim sum should look no further than Lai Wah Heen ► Try some inventive delicacies

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONews.CA

I'm a modern girl, so to celebrate Chinese New Year and the Year of the Dragon, I went in search of something chic.

The always elegant Lai Wah Heen at the Metropolitan Hotel is offering a special dim sum menu until Jan. 29. Created to bring

good health, fortune and prosperity, it's beyond your average offerings — both in ingredients and presentation.

Supreme Dragon (\$12) resembles the legendary creature — a plump dumpling filled with succulent lobster, shrimp and water chestnut lurks in a light lobster bisque. An exhilarating and unusual combination of Abalone and Pork Siu Mai (\$8), topped with black moss, signifies good fortune and wealth. And though light and airy as meringue, Pan-seared Turnip and Shrimp Mousse Cake (\$6.50) has real depth.

I've stumbled upon good fortune already, with these inventive, ambrosial delicacies.

Happy New Year. May it be a happy and prosperous one for all of you.

► **Lai Wah Heen**
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laiwahheen.com
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Reservations: Yes
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Rating: 5 out of 5



► Supreme Dragon and Abalone and Pork Siu Mai.

STEPHANIE DICKISON



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CHINESE NEW YEAR 101

CHARLES THE BUTLER



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As some of you know, I have just completed another 18-day Asian tour, which took me to Shanghai, Bangkok, Manila and Hong Kong, before returning to Toronto. So what does this have to do with today's column?

Well, it's the start of Chinese New Year and I thought this would be the perfect opportunity to learn how we acknowledge another culture's holiday.

Firstly, there is absolutely nothing wrong with asking someone from a different faith, background or nationality the meaning of and how he or she cele-



brates a particular holiday.

So, with the start of Chinese New Year, how do the Chinese celebrate their new year's holiday and how should others acknowledge this important holiday?

Although some Chinese people will greet each other with a traditional phrase, it is absolutely fine for people of another culture to say "Happy New Year."

Now, if you see people receiving a red envelope, don't panic. You don't need to do anything.

Traditionally, when youngsters come to wish

the seniors good health, a red envelope with small amounts of money inside is given to the children to wish them good luck and good fortune in the new year.

You are neither expected nor required to give a gift of any kind.

However, if you feel compelled to give something, sweets to symbolize a sweet year, and/or oranges, are always a good thing. If you are going to wrap the present, ideally it should be wrapped in something red and gold, which are the traditional colours of the holiday.

Now, as my dear friend from Peninsula Hotel in Shanghai said upon my departure last week, "I wish you a Happy Chinese New Year, Mr. Charles, and a wonderful year of the Dragon!" I couldn't have said it better myself.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

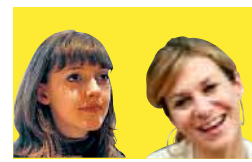
CARPE DATE 'EM, CARPE DIEM

Hello Claire and Andrea, I am in my early 30s and I am a single guy. I feel very lonely, like my life is passing me by. At times I feel jealous to see people older and younger than me getting married and I do not know what to do about it. I am always told I am too nice and I am shy with girls as well. I do not know how to reach out to people using technology. I would rather someone take the initiative or be face to face. How do I go about this when at times I feel like I am losing people or friendships? Danny

Andrea: Dear depressed Danny,

I've learned that any transformation worth going through comes with its share of pain. Right now you're going through yours, and I hope that it pushes you to stand up for yourself and to believe that you are also entitled to a loving relationship.

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Holidays can bring on the blues, but the new year is all about new beginnings. Get excited about where you're going. Put in the work to improve yourself and your outlook.

No one will make it happen for you, but once you're successful in achieving your goal, you'll be happy that you went through it.

Claire: Dear depressed Danny,

You're right, technology can make forming friend-

ships harder, not easier. But dating sites are the exception.

Make peace with your keyboard and try setting up a dating profile for at least three months — you can exchange emails with people you're interested in, but remember to sound (and stay) positive.

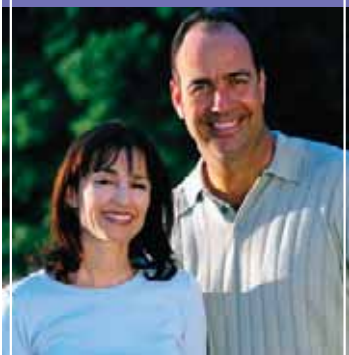
There are lots of people who feel lonely out there, and who would love to meet someone like you.

Also, try to engage in group activities: join a running club, volunteer somewhere, do things you enjoy.

Trust me, you'll find love or love will find you, so that one day you'll look back on these days of freedom and independence with longing.

Carpe date 'em, carpe diem!

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ON MONEY

ALISON GRIFFITHS
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Having been the host of *Mixed Out*, a lifestyle television show, I know that good things often come out of the episodes and sometimes those good things can be a surprise.

The first episode of *Million Dollar Neighbourhood*, which aired Sunday on the Oprah Winfrey Network, is aiming to raise the net worth of 100 Aldergrove, B.C., families by a total of one million dollars over 10 weeks.

Every week, the community will strive to save \$100,000, or an average of \$1,000 per family, through a variety of means includ-

Cha-ching!

What would you do with a tax windfall?

- ▶ **10 per cent** of the Million Dollar Neighbourhood families who received a tax windfall said they'd use it for shopping or a vacation, which would decrease their net worth.
- ▶ **86 per cent** said they'd either save it or pay down debt. Both of which would increase net worth.

ing bartering or pitching in to renovate the home of a needy family.

Most people have fat marbled throughout their spending in everything from cellphone bills to fast food fixations.

But *Million Dollar Neighbourhood*'s first show took a slightly different tact by recovering money that had already been spent.



▶ **Million Dollar Neighbourhood co-hosts Bruce Sellery and Dr. Joti Samra. The show airs Sundays on OWN.**

A tax team from H&R Block did a second look review of the families' tax returns. Astonishingly, they found errors or missed deductions in nearly a third of them. The refunds ranged from \$100 to \$10,000, in total more than \$50,000.

I was curious at the num-

ber of filing mistakes, so I asked Cleo Hamel, senior tax analyst for H&R Block Canada, about her conclusions.

"In general, I think people get complacent and follow the same tax routine as the previous year because it is easy. A change in their in-

come from year to year is something they take note of but understanding how to use, for example, medical expenses to their advantage requires a little more work. Or they are unsure of whether they qualify for a credit and fail to followup."

Meet me in Toronto

I hope Toronto area readers can join me today, Tuesday, for a chat and book signing at Indigo, First Canadian Place, 100 King St. West from 12:30 to 1 p.m.

Or come for a free presentation about personal finance and building wealth Wednesday, January 24 at the Toronto Reference Library, 789 Yonge St., Beeton Auditorium, 6:30 to 8 p.m. Seating is on a first come basis.

You may not be able to avoid death or taxes but with a little vigilance you can lessen the impact of the government bite.

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.**

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LESLEY SCORGIE
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I was speaking at a conference last week and the subject of insurance protection for identity theft came up in the Q & A portion of my talk. I'm not a huge fan of this type of insurance because I believe there are far more effective ways to protect your identity than paying \$15 per month to have an institution register your credit cards and monitor the activity. Sometimes this type of

insurance only covers the legal fees associated with having your identity stolen; often in excess of \$10,000.

Insurance coverage cannot prevent identity theft; it only helps to detect it and cover losses associated with it. You are the best form of insurance to protect your identity. The top five ways to ensure no one steals your identity are:

1. Don't leave your bank statements, credit or banking cards in places where someone could steal the information. If you're using a shared computer to do your banking, clear the computer's history before you leave the terminal. Do not lend your banking cards to anyone; even a close friend.
2. Protect your passwords.

When you enter in a pin number for a purchase, cover the key pad. If you bank online or use sites like PayPal for purchases, change your passwords regularly. 3. Shred any documentation that has personal information such as your name or address on it. You can buy a shredder for \$20 at an office supply store.

4. Read your bank statements and monitor your account activity. If you see anything that looks fishy, call your bank immediately. 5. Check on your credit score regularly to ensure there are no items you don't recognize on it. If there are, contact the credit bureau immediately to have the issue investigated and resolved.

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Signs it's time to call it quits

► No one wants to be labelled a giver-upper ► But sometimes cleaning out your desk might just be for the best

JULIA WEST
LIFE@METRONews.ca
METRO WORLD NEWS IN NEW YORK

The bills are getting paid but you're not exactly thrilled with your current position. Friends are advising you to stick it out a little longer but you just can't seem to get through a day without thinking about throwing in the towel.

We've all had one or two ho-hum jobs, but when is it time to sincerely contemplate whether giving your notice may be in your best interest?

Here are a few examples of scenarios wherein quitting your current job may be the best course of action.

Your company is failing

Be attune to your company's success — or lack thereof.

"Staying on a sinking ship can damage your long-term prospects," says Laurence Shatkin, a senior product developer at career publishing firm JIST.



► Are you just having a bad day or have you completely checked out of your company?

"Staying on a sinking ship can damage your long-term prospects."

LAURENCE SHATKIN
SENIOR PRODUCT DEVELOPER

Those in sales or finance should have an accurate understanding of the company's gains.

"If the company is public, declining stock price is a signal that everybody

can see," he adds.

You've been passed over for promotions

We all get overlooked from time to time; but if this is an ongoing thing, consider other options.

Terri Deems, career consultant and author of *Make Job Loss Work for You*, suggests first speaking with a "straight-talking mentor" before making any moves.

"If all feedback says you're the right person for these promotions, and

they're still not happening, chances are you've gone as far as you can in

this organization," she says.

You're being given less work

This is not a good sign — most likely you or your company are in trouble.

Adrian Miller, author of *The Blatant Truth: 50 Ways to Sales Success*, sees this as a moment to act.

"At this point, you can't lose anything by being direct and calling out your supervisor on the fact that you aren't given the same amount of work and asking how the situation can be corrected," says Miller. "This might prompt being let go, but isn't it better than just waiting for the axe to fall?"

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SO WHAT CONSTITUTES A CONTRACTOR?

► It may appear that you work independently of the company in question ► But are you actually its employee?

WORKPLACE LAW

DANIEL LUBLIN
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It's workplace law's newest phenomenon: employers, happy to unburden themselves from the various costs and liabilities associated with their employees, increasingly hire "contractors" to perform the same services their employees did before.

However, this arrangement is often in dispute. Government agencies and courts are apt to find that many contractors are truly employees. No surprise there as the word "contractor" seldom represents

more than a label. What really matters is how the parties behave.

So when is a contractor actually an employee?

Despite signing an independent contractor agreement and incorporating his own company, Gordon Braiden was not self-employed.

Braiden, a sales agent, worked full-time and exclusively for La-Z-Boy, who controlled which products he sold, how he sold them, where his sales territory was and what promotional methods to use.

It did not matter that Braiden had incorporated his own company, according to an Ontario court, because ultimately he was part of La-Z-Boy's business, not his own.

Similarly, real estate agent Elizabeth McKee was an employee even though she had signed a contrac-



► Signing on the dotted line of a contractor agreement will not stand in court unless those involved have actually followed what the contract stipulates.

tor agreement, had her own incorporated business and invoiced her principal for commissions.

Following a fallout that cost her job, McKee sued arguing that she was an employee. The fact that

she operated a business within her work for the company did not mean she was a contractor, nor did the fact that she hired and supervised her own staff. Since she worked for 18 consecutive years exclu-

sively for her employer and had become an integral part of its business, the court declined to uphold the contract and characterized her as an employee. She was then awarded nearly half a

million dollars in severance.

Labelling yourself as a contractor is not dispositive, even if your employer agrees. Courts and tribunals will always consider the true nature of the relationship to determine how the parties actually behaved.

If you want to be employed as a contractor, then do as follows:

Ensure that there is a clear separation between the employer's business and your own. Ensure you are permitted to perform services for others and to maintain genuine discretion over how and when you perform the job. Even an airtight independent contractor agreement will not be reliable unless the parties stick to what it says.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

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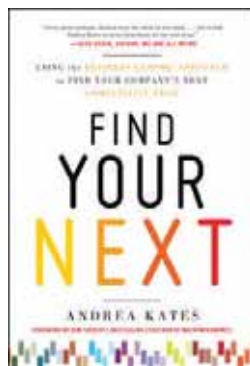
The DNA of a dynamite company

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA



Find Your Next
By Andrea Kates
Mcgraw Hill,
\$30.00,
198 pages



Previous to the past decade, the way businesses got by was in setting targets to achieve incremental growth and plug along, generally with status quo, which at that time satisfied shareholders enough.

But in just a short 10 years, we have seen more disruptive forces that have turned that prehistoric business practice on its heels. Take for example the time when Napster came along and changed the world overnight by "illustrating to record companies

their vulnerability in the new age of online digital music distribution."

According to Andrea Kates, author of Find Your Next, this was a crossroads point in the music business.

"As a result of that revolutionary crisis, the term "Napster Moment" has been added to our business vocabularies" says Kates. She points out the same is now taking place in the

publishing industry.

In her book, Kates describes the concept of the Business Genome approach, which is essentially a view point that businesses are a combination of 'genes' and the arrangement of these genes are what make it success-

ful...or not.

Kates' book delivers the insights needed to apply this approach to any business and explains the four steps needed to help businesses 'find their next' incarnation.

The steps include sorting the company's options,

matching the company genome against other successful businesses and then hybridizing the company with those ideas.

Find Your Next is designed for business leaders who want to turn their hunches about what might be into what can be and

what is... and probably best to do this before your company runs into a crossroads style Napster Moment.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTAL-
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Leafs preview

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7 p.m.
TV: SNET



The Maple Leafs (23-19-5) head into the all-star break with the second game of a home-and-home against the New York Islanders (19-21-6). P.A. Parenteau leads New York with 33 assists on the season, matching his career-high from all of last season. Travis Hamonic and Andrew MacDonald have emerged as the Islanders' top defensive pair. They lead the team in ice time and blocked shots this season. Mark Streit leads all Islanders defencemen with 26 points, 17 of those on the power play.

THE CANADIAN PRESS



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► New York's Michael Grabner sprays ice into the face of Leafs goaltender Jonas Gustavsson.

Islanders can't get the puck past The Monster

► Gustavsson stops all 25, Lombardi scores twice as Leafs pick up big win

Matthew Lombardi scored twice and Jonas Gustavsson made 25 saves as the Toronto Maple Leafs blanked the New York Islanders 3-0 on Monday in the first game of a home-and-home series.

Phil Kessel also scored to help Toronto (24-19-5) move into an eighth-place tie with the idle Washington Capitals in the Eastern Conference standings with 53 points.

The Leafs held red-hot Islanders forward John Tavares off the scoresheet and snapped a three-game win streak for New York (19-22-6).

Tavares came into the game with eight goals and 13 assists during a 12-game scoring streak. New York went 8-4-0 over that span.

It was the third shutout this season for Gustavsson, who has grabbed the reins with nine starts in Toronto's last 10 games.



The Maple Leafs, who had lost four of their last five, played aggressively and outshot New York 35-25. They were criticized for taking defeat too casually after a 3-1 loss to rival Montreal at home on Saturday.

Lombardi scored an insurance goal to make it 3-0 with just over three minutes left to play when he blasted a hard wrist shot past Islanders goalie Evgeni Nabokov.

Kessel doubled the lead

at 8:10 of third when charging winger Joffrey Lupul fired a wrist shot from the right face-off circle that caromed off Nabokov's pads and right to Kessel's waiting stick for his team-leading 26th goal of the season.

The Leafs all-star sniper had been a bit cold lately with only two points in his last six games coming into Monday.

Kessel had chance earlier in the third when skated in alone past defenceman Andrew MacDonald and fired a shot just wide of Nabokov on the stick-side.

Gustavsson wasn't called upon much in the second until there were only four minutes remaining in the period. He made several big stops on the Islanders' top line, including an close-range shot by Tavares. The Islanders fired just six shots in the period.

Gustavsson was forced

into action in the third as the Islanders started to press for the equalizer and fired 14 shots in the period.

Toronto jumped out to 1-0 lead just over 90 seconds into the game when Lombardi's slapshot rebounded off Nabokov and seemed to be slid into the net by a streaking Nazem Kadri. However, a review later credited Lombardi with the goal, giving him three goals in two games.

Nabokov, who came into the game having allowed only four goals in four games, was solid in the first period as the Leafs dominated and outshot their opponents 16-5.

Toronto has played nine of its last 10 games at Air Canada Centre and will play its next two games on the road starting Tuesday in Long Island, and finishing after the all-star break on Jan. 31 in Pittsburgh.

THE CANADIAN PRESS

Tavares turning heads with offensive output

The NHL is talking about John Tavares again.

With the New York Islanders forward seemingly coming into his own and starting to reach the heights expected of a No. 1 draft pick, the fanfare that came with his arrival to the NHL in 2009 has returned.

"In my opinion, he's one of the top few forwards in the league," Toronto Maple Leafs defenceman Luke Schenn said Monday before the first of back-to-back meetings with the Islanders.

There can be no bigger compliment than the fact virtually every opponent is drafting up defensive game-plans designed to stop the 21-year-old centre.

Very few have had much success, particularly in the past month as he built a 12-game point streak that ended on Monday night. Tavares is benefiting from the maturing process, but he's also managed to stay a stride or two ahead of opponents by reshaping his game.

The work started over the summer in suburban Toronto with his longtime hockey skills coach, Dusan Kralik, who put the sniper through countless hours of passing drills in an effort to add another element to his offensive arsenal.

"He always carried the team on his shoulders in terms of scoring," Kralik told The Canadian Press in an interview. "I think he realized it's not maybe necessary to score goals ... everybody know he's a goal scorer so they put probably more emphasis covering him as a dominant player."

"He's still capable to open (space) for other players and create opportunities."

The results are in the statistics. Tavares is currently on pace to post career-highs on offence, but his biggest gains are in assists.

It's a big change for a player that made the jump to the OHL at age 15 and scored 72 goals in 67 games for the Oshawa Generals a year later.

THE CANADIAN PRESS

Bayless feeling frustrated

► Raptors guard still limited by ankle injury ► 'He's still not 100 per cent, but he's getting there' coach says

Jerryd Bayless is probably his own harshest critic, and on Monday, he sounded entirely put off by the simple reality that he cannot yet do what he used to thanks to a prolonged absence caused by a sprained ankle.

But even if the Raptors point guard talks about his heightened frustration level at not being able to immediately pick up where he left off when he was injured Dec. 29, his coach was quite pleased with what he saw in Bayless's return on Sunday afternoon.

"I saw an air of confidence that we get from that position," Dwane Casey said of Bayless after putting the Raptors through a two-hour workout at the US Airways Center in Phoenix. "He's still

not 100 per cent, but he's getting there. He looked better (Monday), moving, cutting, playing defence and hounding the ball, running pick and rolls."

Bayless would beg to differ.

"It's probably my explosion (that's lacking)," he said. "When I get into the paint, usually I try to get into someone's body but that's not going to happen right now, at least until it gets better. That's probably the most frustrating part. "That will come over time — it will get stronger but I noticed it a little bit weak from being out."

Even if it wasn't up to his personal standard, Bayless's play in a loss to the Clippers was fundamentally sound and just what the Raptors need from a back-



► Jerryd Bayless and head coach Dwane Casey at a pre-season practice.

up point guard.

He played 18 minutes and although he may have missed seven of nine shots, that's an issue of timing and rust; in the intangibles department, he did what he needed to do and what his coach needed to see.

With Toronto's offen-

sive production in a freefall — the Raptors have shot less than 40 per cent from the field in four of their last five games — having a backup point guard who can find shots for himself and his teammates is huge.

With no disrespect to

Gary Forbes, who was asked to fill a role he's ill-suited for at the moment, the Raptors need a real point guard backing up Jose Calderon.

"With that second group, they need that anchor that Jerryd gives us at that position," said Casey.

"He's an attack guy so he's going to give us that from that position and give us some scoring opportunities from the point guard position."

Casey, meanwhile, continues to hint at lineup changes, but isn't about to divulge any right now. He's anxiously awaiting the return of Andrea Bargnani, who looked good working on his shot at the end of practice Monday, and there is a chance the coach will tinker with both front-court positions. He made a point of suggesting the second unit benefits from Bayless; he made it sound like he's satisfied for now with James Johnson as his starting small forward. That would leave Amir Johnson and Ed Davis vulnerable.

TORSTAR NEWS SERVICE

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Boston	46	31	13	1	1	168	96	64	16-7-1-1	15-6-0-0	6-3-1-0	W1
d-NY Rangers	46	30	12	1	3	129	96	64	14-5-0-2	16-7-1-1	7-3-0-0	W1
d-Florida	47	22	15	5	5	120	133	54	11-5-1-5	11-10-4-0	3-3-3-1	W1
Philadelphia	47	28	14	2	3	159	140	61	11-7-1-2	17-7-1-1	6-3-0-1	L1
Ottawa	50	27	17	4	2	154	153	60	14-9-0-1	13-8-4-1	7-2-1-0	L1
Pittsburgh	48	27	17	2	2	149	125	58	14-8-2-0	13-9-0-2	6-4-0-0	W6
New Jersey	47	26	19	1	1	128	134	54	12-9-0-1	14-10-1-0	5-4-1-0	L2
Washington	47	25	19	1	2	131	134	53	17-6-0-1	8-13-1-1	5-4-1-0	L2
Toronto	48	24	19	3	2	147	144	53	14-8-2-2	10-11-1-0	6-4-0-0	W1
Winnipeg	49	22	21	3	3	124	140	50	15-8-0-2	7-13-3-1	3-6-0-1	L2
Montreal	48	18	21	2	7	123	132	45	8-10-2-4	10-12-0-2	5-3-0-2	W1
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1
Tampa Bay	47	20	23	1	3	132	163	44	12-7-0-1	8-16-1-2	4-5-0-1	W3
NY Islanders	49	19	22	4	2	112	139	44	11-11-3-0	8-11-1-2	5-5-0-0	L1
Buffalo	48	19	24	3	2	117	148	43	11-9-3-2	8-15-0-0	2-7-1-0	L5

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	49	33	15	1	0	158	110	67	20-2-1-0	13-13-0-0	9-1-0-0	W7
d-Vancouver	48	29	15	0	4	155	120	62	13-6-0-3	16-9-0-1	5-3-0-2	W1
d-San Jose	45	26	14	3	2	129	108	57	15-8-2-0	11-6-1-2	5-3-1-1	L2
St. Louis	48	29	13	1	5	122	99	64	21-3-1-2	8-10-0-3	8-1-1-0	L1
Chicago	49	29	14	3	3	161	141	64	19-5-1-3	10-9-2-0	5-3-2-0	L1
Nashville	48	28	16	3	1	133	125	60	15-7-2-1	13-9-1-0	8-2-0-0	W2
Los Angeles	49	23	16	4	6	107	110	56	13-11-0-4	10-5-4-2	4-2-1-3	L2
Colorado	50	26	22	2	0	129	141	54	14-11-0-0	12-11-2-0	5-4-1-0	L1
Minnesota	48	23	18	2	5	112	124	53	13-6-1-2	10-12-1-3	3-6-0-1	W1
Calgary	49	23	20	3	3	120	136	52	13-6-1-1	10-14-2-2	5-3-1-1	W2
Dallas	47	24	21	0	2	125	136	50	13-9-0-2	11-12-0-0	6-4-0-1	L5
Phoenix	49	21	20	3	5	127	132	50	9-9-2-2	12-11-1-3	2-5-1-2	L3
Anaheim	47	18	22	3	4	124	143	43	13-12-1-0	5-10-2-4	8-1-1-0	W5
Edmonton	47	17	26	1	3	118	138	38	11-8-1-2	6-18-4-1	2-7-1-0	L3
Columbus	47	13	28	1	5	112	155	32	8-13-1-2	5-15-0-3	3-6-0-1	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Toronto 3 N.Y. Islanders 0
Carolina 2 Winnipeg 1
Detroit 3 St. Louis 1
Columbus at Nashville
San Jose at Edmonton
Ottawa at Los Angeles
Sunday's results
Boston 6 Philadelphia 5 (SO)
Pittsburgh 4 Washington 3 (OT)
Anaheim 3 Colorado 2
Tonight's games
All Times Eastern
Buffalo at New Jersey, 7 p.m.
Toronto at N.Y. Islanders, 7 p.m.

Winnipeg at N.Y. Rangers, 7 p.m.
Boston at Washington, 7 p.m.
Columbus at Tampa Bay, 7:30 p.m.
Philadelphia at Florida, 7:30 p.m.
Pittsburgh at St. Louis, 8 p.m.
Nashville at Chicago, 8:30 p.m.
Anaheim at Dallas, 8:30 p.m.
Minnesota at Colorado, 9 p.m.
San Jose at Calgary, 9 p.m.
Ottawa at Phoenix, 9 p.m.
Edmonton at Vancouver, 10 p.m.
Tomorrow's game
Detroit at Montreal, 7:30 p.m.
NHL ALL-STAR BREAK
Jan. 26-30 at Ottawa

MAPLE LEAFS 3, ISLANDERS 0

First Period
1. Toronto, Lombardi 5 (Gardiner, Franson) 1:37
Penalty — Parenteau NYI (tripping) 13:26.
Second Period
No Scoring.
Penalties — None.
Third Period
2. Toronto, Kessel 26 (Lupul, Gunnarsson) 8:10
3. Toronto, Lombardi 6 (Crabb, Grabovski) 16:21
Penalty — Martin NYI (goaltender interference) 17:23.
Shots
N.Y. Islanders 5 6 14 25
Toronto 16 8 11 35
Goal — N.Y. Islanders: Nabokov (L,10-12-0); Toronto: Gustavsson (W,15-10-0). **Power plays (goals-chances)** — N.Y. Islanders: 0-0; Toronto: 0-2.
Referees — Chris Lee, Frederick L'Ecuyer.
Linesmen — Brian Mach, Scott Driscoll.
Attendance — 19,570 (18,819) at Toronto.

HURRICANES 2, JETS 1

First Period
1. Carolina, Skinner 14 (Gleason) 3:55
2. Carolina, Brent 6 (Stewart) 9:28
Penalty — Ruutu Car (boarding) 0:51.
Second Period
3. Winnipeg, Wellwood 9 (Enstrom, Antropov) 13:47
Penalties — Jokinen Car (tripping) 6:36; Oduya Wpg (interference) 16:14.
Third Period
No Scoring.
Penalties — Slater Wpg (holding) 10:35; Tlusty Car (tripping) 20:00.
Shots
Winnipeg 6 10 14 30
Carolina 7 7 2 16
Goal — Winnipeg: Mason (L,6-5-0); Carolina: Ward (W,18-17-8). **Power plays (goals-chances)** — Winnipeg: 0-2; Carolina: 0-2.
Referees — Don Van Massenhoven, Francois St. Laurent. **Linesmen** — Scott Cherrey, Darren Gibbs.
Attendance — 16,045 (18,680).

RED WINGS 3, BLUES 1

First Period
1. St. Louis, Nichol 2 (Crombeen, Porter) 9:12
Penalties — Stewart STL (instigator, fighting, misconduct), Stuart Det (fighting) 19:39.
Second Period
2. Detroit, Datsyuk 14 (Lidstrom, Zetterberg) 0:51 (pp)
3. Detroit, Franzen 19 (Ericsson, Bertuzzi) 8:52
Penalties — Lidstrom Det (hooking) 2:54; Langenbrunner STL (slashing) 11:07.
Third Period
4. Detroit, Kronwall 11 (Lidstrom, Datsyuk) 16:57 (pp)
Penalties — Colaiacovo STL (hooking) 9:34; Backes STL, Bertuzzi Det (roughing) 14:54; Colaiacovo STL (roughing) 16:25; Backes STL, Pietrangelo STL (roughing, misconduct), Howard Det (roughing) 19:58.
Shots
St. Louis 8 7 7 22
Detroit 8 10 10 28
Goal — St. Louis: Halak (L,14-8-5); Detroit: Howard (W,30-10-1). **Power plays (goals-chances)** — St. Louis: 0-1; Detroit: 2-5.
Referees — Ghislain Hebert, Dennis LaRue.
Linesmen — Pierre Champoux, Mark Shewchuk.
Attendance — 20,066 (20,066) at Detroit.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	26	32	58
Giroux, Pgh	18	37	35
Stamkos, TB	32	20	52
Ma.Hossa, Chi	20	32	52
H.Sedin, Vcr	11	41	52
Lupul, Tor	20	31	51
Datsyuk, Det	13	38	51
Toews, Chi	27	23	50
Kessel, Tor	25	25	50
D.Sedin, Vcr	20	30	50
Spezza, NYI	20	30	50
Tavares, Ott	19	29	48
Pominville, Buf	17	30	47
Neal, Pgh	26	20	46
Karlsson, Ott	7	39	46

Not including last night's games

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
MEN
Singles — Fourth Round
Andy Murray (4), Britain, def. Mikhail Kukushkin, Kazakhstan, 6-1, 6-1, 1-0 (retired).
David Ferrer (5), Spain, def. Richard Gasquet (17), France, 6-4, 6-4, 6-1.
Kei Nishikori (24), Japan, def. Jo-Wilfried Tsonga (6), France, 2-6, 6-2, 6-1, 3-6, 6-3.
Doubles — Third Round
Santiago Gonzalez, Mexico, and Christopher Kas (12), Germany, def. Jurgen Melzer, Austria, and Philipp Petzschner (5), Germany, 7-6 (1), 7-5.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Frantisek Cermak, Czech Republic, and Filip Polasek (11), Slovakia, 6-4, 6-3.
Robert Lindstedt, Sweden, and Horia Tecau (7), Romania, def. Ricardo Mello and Joao Souza, Brazil, 6-4, 6-3.
Eric Butorac, U.S., and Bruno Soares (10), Brazil, def. Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (8), Curacao, 6-4, 6-2.
WOMEN
Singles — Fourth Round
Petra Kvitova (2), Czech Republic, def. Ana Ivanovic (21), Serbia, 6-2, 7-6 (2).
Maria Sharapova (4), Russia, def. Sabine Lisicki (14), Germany, 3-6, 6-2, 6-3.
Ekaterina Makarova, Russia, def. Serena Williams (12), U.S., 6-2, 6-3.
Sara Errani, Italy, def. Zheng Jie, China, 6-2, 6-1.

SOCCER

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	19	16	1	2	67	18	49
Barcelona	19	13	5	1	59	12	44
Valencia	19	10	5	4	29	20	35
Levante	19	9	4	6	25	22	31
Espanol	19	8	4	7	21	21	28
Osasuna	19	6	9	4	22	31	27
Athletic Bilbao	19	6	8	5	27	23	26
Atletico Madrid	19	7	5	7	30	27	26
Sevilla	19	6	8	5	20	20	26
Malaga	19	7	4	8	22	28	25
Getafe	19	6	6	7	20	25	24
Real Betis	19	7	2	10	22	27	23
Rayo Vallecano	19	6	4	9	21	28	22
Mallorca	19	5	7	7	17	24	22
Real Sociedad	19	5	6	8	17	27	21
Racing Santander	19	4	8	7	15	23	20
Villarreal	19	4	7	8	18	28	19
Granada	19	5	4	10	12	26	19
Sporting Gijon	19	5	3	11	18	33	18

Yesterday's result

Villarreal 3,Sporting Gijon 0

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results

AFC — New England 23 Baltimore 20
NFC — N.Y. Giants 20 San Francisco 17 (OT)

PRO BOWL

Sunday, Jan. 29

At Honolulu

All Times Eastern

NFC vs. AFC, 7 p.m.

SUPER BOWL

Sunday, Feb. 5

At Indianapolis

New England vs. N.Y. Giants, 6:20 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	15	3	.833	—
Indiana	11	4	.733	2½
d-Philadelphia	12	5	.706	2½
d-Atlanta	12	5	.706	2½
Orlando	11	5	.688	3
Miami	11	5	.688	3
Boston	7	9	.438	4
Milwaukee	6	9	.400	7½
Cleveland	6	9	.400	7½
New York	6	10	.375	8
New Jersey	5	12	.294	9½
Toronto	4	13	.235	10½
Detroit	4	14	.222	11
Charlotte	3	14	.176	11½
Washington	2	15	.118	12½

d-division leaders ranked in top four positions.

Last night's results

Philadelphia 103 Washington 83
Boston 87 Orlando 56
Oklahoma City 99 Detroit 79
San Antonio 104 New Orleans 102
Houston 107 Minnesota 92
New Jersey at Chicago
Atlanta at Milwaukee
Phoenix at Dallas
Sacramento at Portland
Memphis at Golden State
Sunday's results
Boston 100 Washington 94
L.A. Clippers 103 Toronto 91
New Jersey 97 Charlotte 87
Milwaukee 91 Miami 82
Indiana 98 L.A. Lakers 96

BASKETBALL

AP MEN'S TOP 25

All Times Eastern

Last night's results

No. 3 Syracuse at Cincinnati
No. 5 Kansas vs. Texas A&M

Tonight's games

No. 1 Kentucky at Georgia, 9 p.m.
No. 6 Baylor at Oklahoma, 8 p.m.
No. 13 San Diego State at Wyoming, 8:30 p.m.
No. 17 Marquette vs. South Florida, 8 p.m.
No. 20 Michigan at Purdue, 7 p.m.
Tomorrow's games
No. 2 Missouri at Oklahoma State, 7:30 p.m.
No. 4 Ohio State vs. Penn State, 6:30 p.m.
No. 8 Duke at Maryland, 9 p.m.
No. 10 Michigan State vs. Minnesota, 8:30 p.m.
No. 12 Nevada-Las Vegas at Boise State, 10 p.m.
No. 15 Creighton at Drake, 8:05 p.m.
No. 18 Mississippi State vs. LSU, 8 p.m.
No. 22 Kansas State at Texas Tech, 9 p.m.
No. 23 Florida State at Wake Forest, 7 p.m.
Thursday's games
No. 7 North Carolina vs. NC State, 7 p.m.
No. 14 Florida at Mississippi, 7 p.m.
No. 16 Indiana at No. 25 Wisconsin, 9 p.m.
No. 19 Virginia vs. Boston College, 9 p.m.
No. 21 Saint Mary's (Cal) at Loyola Marymount, 10 p.m.
Saturday's games
No. 1 Kentucky at Louisiana State, 4 p.m.
No. 2 Missouri vs. Texas Tech, 1:30 p.m.
No. 3 Syracuse vs. West Virginia, 1 p.m.
No. 5 Kansas at Iowa State, 2 p.m.
No. 6 Baylor vs. Texas, 1 p.m.
No. 8 Duke vs. St. John's, Noon
No. 9 Georgetown at Pittsburgh, 4 p.m.
No. 11 Murray State vs. Eastern Illinois, 8 p.m.
No. 12 Nevada-Las Vegas at Air Force, 9 p.m.
No. 13 San Diego State at Colorado State, 4 p.m.
No. 14 Florida vs. No. 18 Mississippi State, 1:30 p.m.
No. 15 Creighton vs. Bradley, 8:05 p.m.
No. 17 Marquette at Villanova, Noon
No. 19 Virginia at NC State, 8 p.m.
No. 21 Saint Mary's (Cal) at Brigham Young, 9 p.m.
No. 22 Kansas State vs. Oklahoma, 8 p.m.

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	14	3	.824	—
Denver	12	5	.706	2
Utah	10	5	.667	3
d-L.A. Clippers	9	5	.643	3½
d-San Antonio	11	7	.611	3½
Memphis	9	6	.600	4
Dallas	10	7	.588	4
Houston	10	7	.588	4
Portland	9	7	.563	4½
L.A. Lakers	10	8	.556	4½
Minnesota	7	10	.412	7
Phoenix	6	9	.400	7
Sacramento	6	11	.353	8
Golden State	5	10	.333	8
New Orleans	3	14	.176	11

Tonight's games

All Times Eastern

New York at Charlotte, 7 p.m.
Orlando at Indiana, 7 p.m.
Cleveland at Miami, 7:30 p.m.
Toronto at Phoenix, 9 p.m.
Memphis at Portland, 10 p.m.

Tomorrow's games

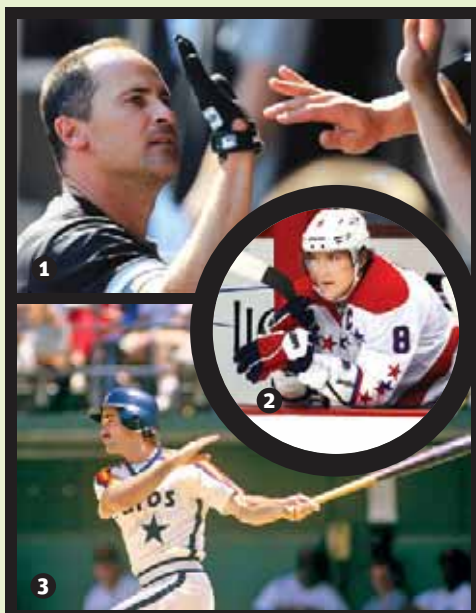
New York at Cleveland, 7 p.m.
Charlotte at Washington, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Miami at Detroit, 7:30 p.m.
Indiana at Chicago, 8 p.m.
Milwaukee at Houston, 8 p.m.
New Orleans at Oklahoma City, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Atlanta at San Antonio, 8:30 p.m.
Toronto at Utah, 9 p.m.
Denver at Sacramento, 10 p.m.
Portland at Golden State, 10:30 p.m.
L.A. Clippers at L.A. Lakers, 10:30 p.m.

LACROSSE

NLL

Sports in pictures

PHOTOS
1. JONATHAN DANIEL/GETTY IMAGES
2. JUSTIN K. ALLER/GETTY IMAGES
3. STEPHEN DUNN/GETTY IMAGES



1 Omar Vizquel and the Toronto Blue Jays have agreed to a one-year contract. The veteran infielder turns 45 on April 24.

2 The NHL suspended Washington Capitals forward Alex Ovechkin for three games Monday for his hit on Pittsburgh Penguins defenceman Zbynek Michalek.

3 New Houston Astros owner Jim Crane is considering changing the name of the franchise as well as its uniforms. Crane said Monday the team will conduct a study to decide whether or not to switch the name. **THE ASSOCIATED PRESS**

Djokovic survives scrap with Hewitt

► Serena Williams knocked out at Australian Open

Novak Djokovic showed the first signs of vulnerability at the Australian Open on Monday but still held off Lleyton Hewitt to reach the quarter-finals.

American Serena Williams can't say the same in the women's event, though.

Djokovic, the defending men's champion, held his composure to defeat Hewitt 6-1, 6-3, 4-6, 6-3 to ensure the top five men reached the quarter-finals.

"It's obviously the first match that I've been tested," Djokovic said. "It was against the player that I expected to be tested."

Hewitt advanced to the meeting with Djokovic after beating Canadian Milos Raonic in third-round action.

Numbers told the surprising story for Williams in her fourth-round loss. She had seven double-faults, including four in one game; 37 unforced errors, and a first-serve percentage of just over 50 per cent had her convinced "maybe I should have started serving lefty."

Some other numbers indicated why her 6-2, 6-3 loss to Ekaterina Makarova of Russia on what she admitted was a still-sore left ankle was more of a shock.

She has played 43 singles matches at Melbourne Park since she won the first of her five Australian Open titles in 2003, and Monday's loss was just her third. She's 54-7 since playing at the Australian Open for the first time in 1998, and she hasn't gone out this early since 2006.

"I'm not physically 100 per cent, so I can't be so angry at myself, even though I'm very unhappy," Williams said.

"I know that I can play 100 times better than I did this whole tournament."

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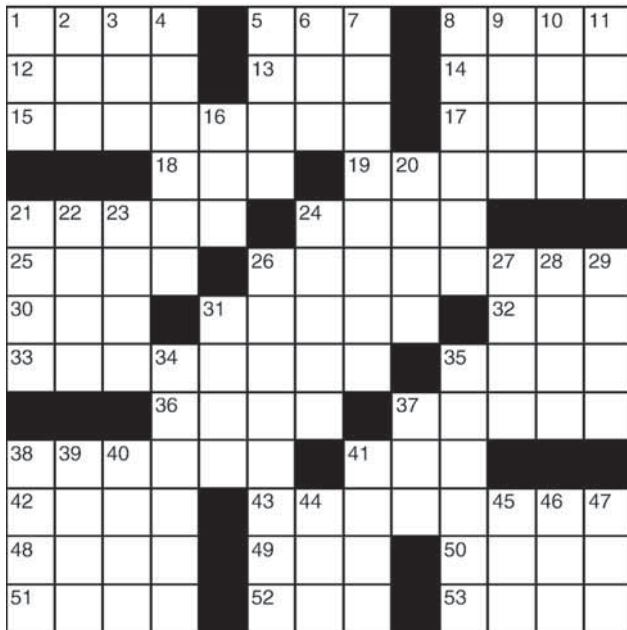
Crossword

Across

- 1 Pinnacle
5 "Eureka!"
8 — Minor
12 Tibetan monk
13 Bookspine abbr.
14 Night light?
15 Pillages
17 Entanglement
18 Atmosphere
19 Whoppers' top-pers
21 Home
24 Smile
25 Humdinger
26 WWI field famous for poppies
30 Math course
31 Actress Massey
32 "Boy, am I stupid!"
33 Bad-mouths
35 Tower city
36 Sly
37 Caulking material
38 Eyelike spots
41 Crazed
42 Ashen
43 Peripheral-vision thwarters
48 Cold War abbr.
49 Allow
50 Welsh veggie
51 Cows and sows
52 Dine
53 Jealousy

Down

- 1 Matterhorn, e.g.
2 Chum
3 Ostrich's cousin
4 Citizen Kane's estate
5 State with certainty
6 Not vert.

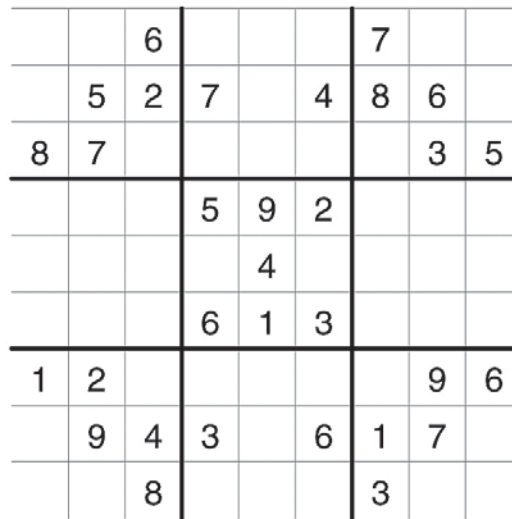


- 7 Losers
8 Nasty
9 Nevada city
10 Any time now
11 Picnic invaders
16 Conk out
20 1492 craft
21 "Sad to say ..."
22 Matador's foe
23 Gymnast Korbut
24 Splendor
26 Not stiff
27 Tend texts
28 Oxidize
29 Horse-drawn carriage
31 Pedestal occupant
34 Pro QBs, e.g.
35 Small pool
37 Skillet
38 Piece of work
39 Money
40 Otherwise
41 Catcher's glove
44 Meadow
45 Still, in verse
46 Gun the engine
47 Firmament

Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

3	4	9	7	2	5	6	1	8
7	6	5	1	3	8	4	2	9
8	2	1	9	4	6	3	7	5
5	3	7	8	6	1	9	4	2
2	1	4	3	5	9	7	8	6
9	8	6	2	7	4	1	5	3
1	7	3	5	9	2	8	6	4
4	5	8	6	1	3	2	9	7
6	9	2	4	8	7	5	3	1

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Matthew

Thank you for always being there for me. It means so much to me to have you by my side through everything that has happened the last year. I love you so much <3
FROM JESS

Ryan Bouchard

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my handsome knight
My heart is aching for you, I am so sad that the last words you heard from me was I HATE YOU NOW....! I did not mean it, I was so hurt, I felt betrayed and abandoned but I really know better and I UNDERSTAND MORE THAN YOU KNOW....YOU ARE IN MY SOUL FOREVER TILL THE END OF TIME.....
FROM YOUR LADY

Today's horoscope

♈ Aries March 21-April 20

You have never been a stranger to hard work but now that Mars, your ruler, is turning retrograde in the wellbeing area of your chart you should perhaps slow down a bit.

♉ Taurus April 21-May 21

It won't be long before you are back to your best and raring to go.

♊ Gemini May 22-June 21

You may have to own up to something a bit embarrassing today but rather than deny it and get caught out later on.

♋ Cancer June 22-July 22

Go out, have a good time and meet as many interesting and influential

new people as you possibly can.

♌ Leo July 23-Aug. 23

Something will catch your eye today and you won't be happy until you have made it your own.

♍ Virgo Aug. 24-Sept. 22

There are so many new opportunities coming your way at the moment, but you must not take your good fortune for granted.

♎ Libra Sept. 23-Oct. 23

If you find it hard to get your act in gear today you should take that as a sign and stop trying so hard.

♏ Scorpio Oct. 24-Nov. 22

A certain individual may seem a bit boring but if you make an effort to get to know them today you may

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Whatever challenges you are faced with at the moment, at home or at work, you have no intention of letting them overwhelm you.

♑ Capricorn Dec. 22-Jan. 20

You know that your beliefs are right but how do you convince other people of that fact? You don't.

♒ Aquarius Jan. 21-Feb. 18

Try not to be too critical of other people today.

♓ Pisces Feb. 19-March 20

You may find it hard to be nice to someone today.

• SALLY BROMPTON

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